

# Community Transformation Grant Project- Region 6



**SERVING ANSON, CUMBERLAND, HARNETT,  
HOKE, LEE, MONTGOMERY, MOORE, RANDOLPH,  
RICHMOND, AND SCOTLAND COUNTIES**



# Region 6 Highlights



- 3 Local county tobacco policies were strengthened, including one county which now has 100% smoke-free grounds
- 3 Municipalities have gone tobacco-free, including grounds (two with designated areas)
- 1 Community supported agriculture (CSA) Program was enhanced
- 1 Farm stand was enhanced
- 2 New farmers' markets were created
- 4 Existing farmers' markets have been enhanced
- 7 Planning projects which include health considerations are ongoing
- 1 Joint use partnership was created to increase physical activity for children in an underserved, rural community

# Region 6 Action Institute



# Sustainable Lifeways Project



- The Sustainable Lifeways Program aims to improve the lifestyles of Native Americans and other underserved communities in Hoke County
- The Sustainable Lifeways Program includes a two acre organic farm, a walking trail, eco-tourism, cooking classes and demonstrations, and cultural classes to promote and celebrate Native American culture
- CTG partnered with HICC to help increase the reach of the Sustainable Lifeways Program by improving the farm's capacity to harvest, handle, store, transport, and advertise their produce throughout the region
  - 5800 pounds of produce in the first year



# Sustainable Lifeways Project



# Fresh Harvest Program



- When it became evident that certain residents of Spring Lake, NC did not have access to the healthy foods they needed, Soul Harvest Church stepped in to help fulfill this gap. Partnering with Region 6, a local land owner, and an organic farmer, Soul Harvest Church created the Fresh Harvest Program and reached out to the faith community, seniors, and low wealth individuals and families to provide them with fresh produce
- Vegetables were sold to the community on Tuesdays and Fridays at a very low cost. Efforts were made to reach out to local Senior Housing areas and those with limited transportation

# Fresh Harvest Program



- **First year production:**

- 180 lbs. of green peppers
- 110 lbs. of hot peppers
- 100-125 lbs. of zucchini
- 150 lbs. of squash
- 250 lbs. of cucumbers
- 50 lbs. of okra
- 25 lbs. of eggplant
- 180 lbs. of green beans
- 200 lbs. of tomatoes
- 10 lbs. of carrots
- 12 lbs. of watermelon



**90-100 paying customers and 70 cooking class participants**



# Tobacco-Free Living in Region 6





# Tobacco-Free Living in Cumberland County



- In an effort to make his town healthier, the Mayor of Spring Lake, Chris Rey, reached out to Cumberland County Health Department for suggestions on how to improve the town's health. In November 2012, Mayor Rey was introduced to CTG and subsequently invited CTG staff to present to the Board of Aldermen
- On April 8, 2013, the Spring Lake Board of Aldermen voted unanimously to adopt an ordinance which restricts smoking and tobacco use in/on town building, vehicles, and grounds



# Tobacco-Free Living in Cumberland County



- Following in the foot steps of Spring Lake and after heeding recommendations from accreditation and CTG, Cumberland County progressed from discussions concerning 100% smoke-free grounds on the DSS/health department campus to smoke-free grounds ordinance covering all Cumberland County grounds\*



# Around Region 6

